



You start in the guard.
Make sure you control both your
opponents wrists.



Push his right arm down towards your
feet, and shift your leg over his arm,
into his neck.



Now you apply pressure on his
back / neck, making sure your leg
is paralel to his shoulder.
You then pull his arm in front of his
throat.



You then place your left elbow to his elbow
and take hold of the top of his head.
You now stretch up your hips and pull his head down
pushing your knees togheter.